Developing Butterfly

A. Difference Between College/Senior Level Development and Age Group.

B. UW Kick:
   1. Rate, Amplitude, Distance, Breakout.
   2. Training UW Kicking (Alone and within a set).
   3. Video (easy these days).
   4. Cross over to all strokes.

C. Sets:
   1. Shorter Distance, Higher Speed, Train Distance and Stroke Specific?
   2. Resistance Training (Chutes, Short/Long Tubes, Socks).
   3. Speed Asist (Fins and Tubing).
   4. A little a lot.

D. Important things to remember in training:
   1. Deliberate Training, Attention to Detail.
   2. Consistency, # Kicks, # Strokes, (Race Specific).
   3. Build Stroke around Streamline, Kick, Body Position, Turns)
   4. Coachable, give adjustments time.
   5. Work on Strengths and Weaknesses.